

Twitter Thread by **karthik [REDACTED] [REDACTED]** **[REDACTED] | Sanatani**



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[@almightykarthik](#)



Thief of Joy!

Received this story on WA, do read it full and let me know if you experienced this in life.

I was Cycling this morning and I noticed a person about half a km ahead.

I could guess he was Cycling a little slower than me and...

@anexcommie @shreekanth2020

...that made me feel good, I said to myself I will try catch up with him.

So I started Cycling faster and faster. Every block, I was gaining on him a little bit. After just a few minutes I was only about 100 feet behind him, so I really picked up the pace and...

[@HelloNNewman](#)

...pushed myself. I was determined to catch up with him.

Finally, I did it! I caught up and passed him. Inwardly I felt very good. "I beat him". Of course, he didn't even know we were racing.

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After I passed him, I realized I had been so focused on competing against him that *I had missed my turn to my house* .

I had missed the focus on my inner peace, I missed to see the beauty of greenery around, I missed to do my inner soul searching meditation, and...@GunduHuDuGa

...in the needless hurry feet slipped from the paddle twice or thrice and might have hit the sidewalk and broken a limb.

It then dawned on me, isn't that what happens in life when we focus on competing with co-workers, neighbours, friends, family, trying to outdo them or...

...trying to prove that we are more successful or more important and in the bargain we miss on our happiness within our own surroundings?

We spend our time and energy running after them and we miss out on our own paths to our given destination.

@Kishoreciyer1 @Kumarsarangapa1

While healthy competition pushes you to do your best, the problem with unhealthy competition is that it's a never ending cycle.

There will always be somebody ahead of you, someone with a better job, nicer car, more money in the bank, more education,...

@jananisampath

...a prettier wife/a more handsome husband, better behaved children, better circumstances and better conditions etc.

But one important realisation is that *'You can be the best that you can be, when you are not competing with anyone.'*

@chittukuruvi4

Some people are insecure because they pay too much attention to what others are, where others are going, wearing and driving, what others are talking.

Take whatever you have, the height, the weight and personality. Accept it and realize, that you are blessed. @LevinaNeythiri

Stay focused and live a healthy life.

There is no competition in Destiny. Each has his own.

Comparison AND Competition is the thief of JOY. It kills the Joy of Living your Own Life.

Run your own Race that leads to Peaceful, Happy Steady Life.

@BesuraTaansane

Hope we all give this story a thought and start implementing it in one way or other.

Have a great day ahead! ■

Shivoham! ■■■■■■